

President's Greeting

It was wonderful to see so many of you at our November meeting at Boutiki. We accomplished a great deal and I think just about everyone found something special. If you didn't get a chance to go to the meeting, you may want to pop in to Boutiki on your own and check out the merchandise.

Our December meeting is always one of the most enjoyable because of our annual ornament exchange. This year, it will be held at Diamond Head Flag Quarters and hosted by George Ann Wurster. What a treat for us! We will also be awarding the \$500 scholarship to a Coast Guard Spouse. We hope you can join us for this fun evening.

A big thank you to Laura Canavan and Mary Claire Rinoski for their help with Game Night. We had a great time.

Also, thank you to our CGSA elves who have been busy planning events for December. We appreciate your time and commitment for these projects.

Jo Keith, Lori Ulsh and their committee are hard at work on the Children/Teen Holiday Parties. If you can help either of these women out, please give them a call.

Kym Long-Wallace has offered to coordinate our Holiday Food Drive. Look for the donation box at the Community Center at Red Hill. Marci Curtis and Melissa Hartnett have been in touch with Fisher House and are putting together some stocking goodies for the families who will be staying there for the holidays. A list of items needed will be forthcoming. I thank you in advance for your generosity and support of these two projects.

Julie Dostie has volunteered to help prepare a continental breakfast for the "Human Chain" Volunteers. What is the human chain? It is CG volunteers and their families who awaken very early on the morning of the Honolulu Marathon, head to Diamond Head Flag Quarters and make a human line, or chain, that separates the runners heading out Diamond Head Road from the runners returning. They get to see the runners when they're relatively fresh (mi. 8) and when they're in the home stretch (mi. 25) . Look for more information on this in the newsletter. If you do participate in this event, keep an eye out for "Slippah Man". He is about 60 yrs. old and runs all his races in flip flops! No kidding!

Finally, as we enter this busy Holiday Season, let us remember to take time to reflect on our many blessings and to say a prayer for those who are less fortunate. May the New Year bring peace and happiness to our World.

Mele Kalikimaka and Hau'oli Makahiki Hou!

Treasurer's Report

Our checkbook balance as of November 12, 2003 was \$3875.41.

Directory additions and corrections

We have some new members! Please add them to your directory:

Felicia Bear

1095 Taney Cir.
Honolulu, HI 96818
833-2860
bear22@aol.com
spouse: David (Walnut)
Children: Nathan and Leah 1992
Anniversary: 9/8
Birthday: 9/4

Debra Collier
1298 Tampa Dr.
Honolulu, HI 96817
d63collier@aol.com
839-2701
Spouse: Robert Pakari (Barber's Point)
Children: Leslie 1991
Lucas: 1992
Anniversary 12/22
Birthday: 10/7

Jo Keith should be added to the board Member's Directory as the chair of the Children's Holiday Party. Also, please change **Tedi Toyllen's** number to 836-2021.

Honolulu Marathon Human Chain

If you would like to participate in the Human Chain, please call **Jessica Dung** at 541-1583 or email jdung@d14uscg.mil to reserve a spot on the bus. The bus will depart KKH Country Store at 0430 on **Dec. 14th**. Be there by **0415** to check in and receive your FREE Marathon T-shirt and hat. Please note, children under the age of 9 are discouraged for safety reasons.

Tips and ideas for burning extra calories

by Kym Long Wallace

In the October edition of the newsletter I discussed the importance of exercise in long term weight management. According to scientific studies, the one common factor in long term success in weight loss, regardless of diet plan chosen, was exercise. The United States Surgeon General's official recommendation is that, to stay healthy, people need to exercise vigorously for 30 minutes per day. Many studies show, however, that although 30 minutes is enough to promote general health, it may not be enough exercise to help people become fit and lean. One hour of exercise per day is recommended by many fitness authorities for adequate weight control.

While one hour of continuous exercise is probably the best choice, some people find it hard to fit that much continuous exercise in each day. Here are some ideas to get you started on incorporating exercise into your day and also ways to increase daily calorie burn.

We hear about this one all the time but it really can help: ***park farther from your destination and always take the stairs instead of the elevator.*** If you have a day's worth of errands to run, this can really add up.

If you are going to watch an hour long TV show, ***use all commercial time to exercise.*** Do jumping jacks, situps, pushups, walk in place, etc. Even better, purchase a treadmill or other cardiovascular equipment to use during TV shows.

If you have small children that seem to prevent you from exercising, try these suggestions: ***exchange babysitting time with a neighbor and use the free time to exercise; push the little one(s) in a stroller (uphill!); take advantage of exercise classes which have babysitting available.*** Red Hill Community Center has water and floor classes with babysitting available. Kidsport on Hickam also offers babysitting during exercise classes.

Incorporate weight training into your exercise routine. Often people focus on cardiovascular activities such as running/walking, swimming or cycling. While these activities are important, weight training is just as important, especially in weight control. Weight training helps to increase metabolism 24 hours per day, not just when you are active.

On a personal note, my sister-in-law, after being heavy her entire adult life, has shed about 70 pounds in the past nine months. Her secret formula: eating normal portion sizes and increasing her physical activity, mainly walking. She walks about five miles per day during the week and ten miles on the weekend. Yes, she has a job, a child and community/church obligations. She simply decided to make it a priority to tend to her health. You can do it, too!

**I made a typographical error in my column in the October newsletter. The average number of steps in walking a mile is 2000, not 200. I hope this error did not cause confusion for any of you!*

Kym Long-Wallace has a BS in Exercise Science from Wake Forest Univ. and an MA in Health Education from East Carolina University. She has spent 19 years teaching a wide variety of fitness classes. She has worked as Health Educator for City of Suffolk, VA Health Dept., Employee Health Promotion Coordinator for Childrens Hospital of the King's Daughters in Norfolk, VA and also as a health instructor for students at East Carolina University and The Citadel. In these jobs she has conducted seminars and authored programs to promote good nutrition, weight loss/maintenance, smoking cessation, exercise, and environmental health

CGSA Book Club

The book club met on November 19th to talk about ***I Don't Know How she Does It*** by Allison Pearson. The story is told in the first person viewpoint of working mother Kate Reddy, struggling to balance work and home. Kate has two small children, a husband who also works, and a very demanding job as a corporate fund manager for a financial advising firm. The author takes a very honest and sometimes humorous approach detailing Kate's many mishaps and triumphs. Kate annoyed most of us in the beginning but managed to somewhat redeem herself toward the end. This story was not nearly as funny as ***The Nanny Diaries***, but it provided many points for discussion as well as

several "so true" lines worth remembering, mostly about the differing roles of women and men.

The Book Club will not meet in December. We have selected two short books to carry us through to January, *A Walk to Remember* by Nicholas Sparks and *The House of Sand and Fog* by Andres Dubus III. Feel free to read one or both of these books and join us for our next discussion. New members are always welcome! Our meeting will be on **Tuesday, January 20th**, at 7:00p.m. For information, contact the book club chair, **Tricia Boston, at 834-5753.**

Sweetheart Baskets and February meeting

Mark your calendars for Wednesday **February 11** at 7:30 PM and join us for a fun Valentine's Day surprise for our husbands. Don't worry—they aren't coming with us! Everyone brings a basket and a small romantic gift to share with everyone else in the group. I'll provide the decorations for the basket and we'll put everyone's items on the table then take a walk around and put one of everything in the basket for our Sweetheart. What should you bring? Just about anything, but be creative and bring enough for everyone. Baked items are popular (individually wrapped), coupons for a free massage, a night off of dishes (if hubby actually does the dishes in the first place), a foot rub, etc. Votive candles and chocolates are a nice touch.. One year I bought a bottle of beer for everyone to put in their baskets. I'm not sure that was romantic, but it was appreciated by most of the husbands. It's a fun thing to do for our spouses while enjoying a relaxing evening at my home. It's important to RSVP since we need to know how many things each person needs to bring. The more women that show up, the more goodies we'll have in our baskets. I live in Ewa Beach, but don't let that scare you! It should only take a half hour from Red Hill. My address is 91-200 Kuali'i Pl. Directions will follow in February's newsletter. You can RSVP to me at 685-4614 or tradewinds@benderhome.com. We are combining this event with a very short membership meeting.

No January newsletter

Don't look for your January edition of Tradewinds next month. Both Rachel and I will be on vacation this Christmas and I won't be able to put out the newsletter. If you have important info that needs to get out, you can send it to Lori Ulsh at kzzmommy@hawaii.rr.com and she will forward it on to our club members. I hope this doesn't inconvenience anyone. We'll be back on track for February. Have a fantastic Christmas and a safe new year.

Jamie

Fisher House News

Would you like to spread a little bit of Christmas cheer to the residents of Fisher House? This year we are hoping to play "Santa" to Fisher House and distribute stockings filled with goodies to those staying at the house during the holidays. In order to do this WE NEED YOUR HELP! Starting November 28th, cards detailing items needed will be available at Marci Curtis' or Melissa Hartnett's homes. You can come by or call either

of us to find out exactly what is needed. Some of the items requested were phone cards, toiletries (such as shampoo and lotion), postcards with stamps, restaurant gift cards or anything Hawaiian. Cash donations are also welcome and will be put toward filling the stockings. We will be collecting items up until December 13th so that we can deliver the stockings with the December meal. If you would like to help or have questions, please call **Melissa at 834-7616 or Marci at 834-7997**. Let's make the holidays more enjoyable for those who can't be home for Christmas.

A big Mahalo goes out to our November cooks: **Jill Smialek, Peg Hamacher, Jo Keith, Annette Diehl and Christina Williamson**. Thank you ladies for all of your effort in putting together another great meal for the residents. The December meal will be delivered on **Thursday the 18th**. Those signed up to donate their culinary skills are: **Bread- Terri Yensz, Main Dish, Caeleigh Villareal, Baked Vegetable/Cooked Salad- Lori Ulsh, Cooked Vegetable-Catrina DiPace and Dessert- Annie Sullivan**. As always, we will call the week before to remind you!

Attention All Fisher House Volunteers! We have a change to announce regarding when meals will be delivered. It has been determined that Fridays are one of the least provided for days of the week at the House. So, **BEGINNING IN JANUARY**, meals will be delivered on the **3rd FRIDAY** of the month **INSTEAD OF THURSDAY**. We hope this will not inconvenience anyone, but we truly desire to do the very best for the residents of Fisher House.

Thank you all for being such great supporters of this worthy cause. We hope you have a blessed holiday season.

Melissa and Marci

December and January membership meetings

Join us for our annual Holiday Ornament Exchange on **Wed. Dec 10th at 7:30PM** at **George Ann Wurster's** home (Diamond Head Light Quarters). If you wish to participate in the exchange please bring a wrapped ornament (under \$10). We will also be awarding our scholarship this evening as well, so please come and support our recipient. Please RSVP to George Ann if you are coming 924-1988.

Our January meeting will be held at **Terri Yensz's** home on **Wednesday January 14 at 7 PM** at 2015 Point Welcome Place on Phase II. If you can make it, give Terri a call at 838-9895 so she can be prepared with enough goodies!

No Lunch Bunch in December but we'll meet in January

Special Deliveries

Congratulations to **Helayne and Tom Tabrah** as they celebrated the birth of their grandson, **Jack David Chiavacci**. Jack was born in Lawton, Oklahoma on October 9 weighing in at 6 lbs. and 19 3/4 inches long.

Congratulations also go out to **George Ann Wurster** and **Admiral Wurster** for the birth of their grandson, **Bryce Michael Wurster** born this summer on July 19.

Congrats to all our new grandparents. Enjoy your turn at spoiling your babies!

CG Ball

On December 1, the Ball Committee will start selling tickets for the CG Ball. Points of contact will be posted on the website www.cgball2004.com as soon as they are appointed.

A complimentary ticket will be given to the 2003 Enlisted Person of the Year (and their guest) from each Hawaii command.

If you purchase your tickets on or before January 15, your name will be entered in a drawing for a free suite at the Royal Hawaiian Hotel the night of the ball. The drawing will be held at the end of January. If the winner has reservations for a room already, they will have plenty of time to cancel.

If you would like to make reservations to stay at the Royal Hawaiian Hotel the night of the ball, call 923-7311. Be sure to tell them you are attending the CG Ball. The price of the room is \$125 plus applicable taxes.

Child care will be provided by the girl scouts during the ball. We will have a larger room for child care to accommodate more children. Information about childcare will be posted on the CG Ball website as it comes in.

Our next fundraiser will be a **car wash on Saturday, December 6**, at the Red Hill Car Wash Plaza (a.k.a. housing office). If you would like to donate your time to help us with fundraising, or donate goods for hot dogs and drinks, please write to the ball committee at cgball2004@hawaii.rr.com (attn: Kelly Merchen).

Our spaghetti dinner was a huge success!! Thank you, everyone, for your support!!

Annie Sullivan

Canned Food Drive

This year we are sponsoring a food drive. All donations will go to the AMR Food Bank to benefit needy military families. This is a very easy way to help those less fortunate this holiday season.

Between now and December 13, bring your non-perishable food donations to the collection box at Red Hill Community Center. If you are coming to Game Night on November 29, bring donations then, too. Also, children attending the holiday party or skating party on December 13 are asked to bring a donation.

Let's make this food drive a success. Thanks for showing your holiday spirit!

Kym Long-Wallace

Military Kid Website

website for military kids, especially kids who are in the process of moving. It includes helpful information for younger children, teens and parents. Check it out at: www.militarystudent.org

Hey Everybody!

Longerberger consultant, Veronica Whitehead's email address is wrong in the membership directory. It should read:

naka2@verizon.net

Merry Christmas with Jim Nabors

Come to the Hawaii Theatre on December 5, 6 and 7th to see the Jim Nabors Annual Christmas show. Jamie and Bryan Bender will be in the show performing with The Company Singers as guests of Jim Nabors. We have a couple of cute numbers this year. It's a great show put together by LA resident Tom Hansen. Mr. Hansen was the choreographer for the Red Skelton Show and Tim Conway show.

Tickets are \$75, \$55, and \$45 with discounts for military, youth and seniors. You can call the box office for tickets at 528-0506.

Children and Teens Holiday Party

If you're planning on attending either the Children's Holiday Party or the Preteen/Teen Holiday Party here is all the information you need!

The **Children's Holiday Party** is **Saturday, December 13** for ages 0-10 years.

The **Teen Party** is also Saturday, **December 13** from 7-11PM at the Ice Palace for ages 11-17 years.

Sign-Ups for both parties will be: **December 1 from 10 AM-1PM** and **Tuesday December 2 from 4-6PM** at the Red Hill Community Center.

The Children's Holiday Party will be from 1-4PM with families attending according to their sign up time. Tickets will be given to you when you sign up for your given time.

Please plan to come and join us for some great holiday fun. We are looking forward to these events. We know the kids will enjoy seeing Santa, creating holiday crafts or skating with friends. Happy Holidays to all and see you soon.

Any questions please call **Jo Keith 837-7800** or **Lori Ulsh (regarding the teen party) 831-2751**. If you are interested in helping with activities, please know that all volunteers are appreciated!

Thank you,

Jo Keith

Just in case.

. . . you skimmed over the above info too quickly: **Children and Teen Holiday Party reminder**; Please donate a canned good for each event to be donated to the Military Food Closet. Children's party goers should bring their tickets and a dozen treats for the party. Teens should arrive at the Ice Palace between 7 PM and 7:45 PM. Their ticket will be issued at the door. Dependents must be pre-registered for both events **no later than December 2nd (no exceptions)**.

Thank you!

Mahalo to all the many adults and teens who were instrumental in making the **Teen Dare to Dress-Up Dance** go off without a hitch! A good time was had by all and the evening would not have been the same without our mistress of ceremonies, Xena, Warrior Princess (AKA **Jamie Bender**). Many thanks to CGSA and CPOA who were financially supportive for this event. Special thanks to **Amanda and John Price, Lavelle Lovingood, Chana Langley, Linda Wilson, Andy Ulsh, Kevin Haupt, Roni and Keith Brown, and Alice Piontek.**

Mahalo to **Tedi Toyllens** for heading the **Holiday Craft and Home-Based Business Expo** as well as all the vendors who participated. 15 businesses were represented and a successful day of shopping was had by many attendees.

Stay tuned for more information about "Party On the Hill" to be held Martin Luther King Jr. Day weekend at the Red Hill Pavilion and Field. Come enjoy live music, food, and beverages.

Hiking Club

It had been raining for days and the gentle trade wind, synonymous with our island home, had suddenly turned menacing. Winter had finally arrived and the prospect of a pleasant windward hike was looking dimmer by the minute. The day before our hike, the Pali lookout made news headlines with wind gusts clocking in at 50 MPH. Throughout the night, the sound of steady raindrops was a constant reminder of what lie ahead. But it seemed that once again, the gods of Hawaii were smiling on us. We awoke to a beautiful day of clear skies and gentle breeze. With cautious optimism and determination, eight hiking wahines set out early to begin our 2 ¼ miles hike on the Maunawili Trail from the Waimanalo trailhead. We began our ascent on a wide, well-groomed horse trail and quickly settled into a comfortable pace. Surprisingly, the ground was not muddy and the mosquitoes were once again on hiatus. The sun played peek-a-boo above the trees as we stopped to sample ripe passion fruit (lilikoi) which had fallen on our path. Eventually, the trail narrowed and we walked in single file along the contour of the Anianinui Ridge. As a final challenge, we scaled a steep incline to the lookout with the help of a rope. We reached the top with thumping hearts and ALOHA! Our reward was a post card vista of windward Oahu. The sun shined and the wind caressed us as we marveled at nature's splendor. The lush green Waimanalo valley stretched out below with Rabbit Island standing sentinel beyond. The vast Pacific with its many shades of blue glistened in the sunlight with Molokai and Maui serving as backdrops. To our back, the Ko'olau range loomed majestically. We snacked on Stella's popcorn and Yvonne's dried mangoes, snapped pictures and kicked around shy grass. Surrounded by so much beauty and good friends, we could not have asked for a better day or place. Lucky we live Hawaii! After a while, we "rappelled" down the steep hill and began our gradual descent back to the trailhead. Reluctant to end the day so soon, we made plans to meet at the Big City Diner in Kailua for lunch. The rain swept in as we drove away and we laughed in amazement at our good fortune. After a delicious lunch and good conversation, we parted in friendship and headed our separate ways. To all the Waimanalo hikers, mahalo for your companionship and steadfastness. For all who would like to join us, our next hike will be on **Tuesday, January 20th** to Makapu'u Lighthouse in search of whales. Aloha,

Le-Thu.

P.S. The picture of the Waimanalo group hike is available on our web page

Holiday Decorating Contest

All the residents of Red Hill Phase I and II are welcome to participate in the Sixth Annual Holiday Decorating Contest. Decorate the outside of your house to include the yard, with holiday decorations and/or lights. Judging will be Friday evening, December 19th.

This year MWR is offering a relaxing holiday treat for Red Hill members. The *Let There Be Lights Holiday Trolley* will be underway December 23. Get into the holiday spirit with a ride on an open air trolley. View the Holiday light displays in Red Hill and AMR Housing. Two trolleys will run: The 6:45 PM trolley departs from the Red Hill Community Center; The 7:45 PM trolley departs from the Welcome Point Place circle. Tickets must be purchased in advance from the Red Hill MWR ITT office: The cost is \$3 per person ages 3 and up, and is free to lap children ages 2 and under. Call 831-2751 for information.